

WHAT'S YOUR PROBLEM

Commitments

November 11, 2018

Scripture:

Psalm 127:2, Matthew 11:28-30, Ephesians 5:15-17, 1 Thessalonians 5:16-18, Psalm 90:10-12, Mark 1:29-39

Last Week:

God is not a republican. God is not a democrat. God is God. As a follower of Jesus, we are called to love God and love people (period). Everything else we do, must be in light of those 2 things. Use this guide to think through this week's message and how this plays out in the life of a Christ follower when it comes to politics.

What steps did you take this past week in order to apply this passage to your life?

Icebreaker:

Are you a morning or a night person? What are you like in each of those times?

Where do you go for the most relaxing vacation?

Introduction:

We are stressed because we are so busy, because we are busy we are tired, we are tired, because we don't know how to rest. This week's message was focused on the way we over commit ourselves. A lot of our commitments are good, even great, things, but we aren't feeling rested, because we have too much on us.

Digging Deeper:

What stood out to you this week from the message?

Andy challenged us to identify our top 5 values. Right them down below in order of importance.

Looking at your list, how does your calendar match up with what you say are your top 5 values?

Read 1 Thessalonians 5:16-18

According to these verses, what is God's will for your life?

What am I strongest at from the list? Where am I weakest?

How does my list of values match God's will for my life?

Read Mark 1:29-39

What do you think the crowds were looking for in Jesus?

Which of the things that Jesus faced causes you the most stress? (being physically crowded, short nights, demands, routines disrupted, always on the go, etc)

If you, like Jesus, were having a private prayer time and someone came looking for you, how would you feel?

What have you found helpful in managing the stress in your life?

When you need time alone, where do you go and what do you do?

What is the greatest obstacle you face in your personal devotional life?

What is the most stressful or difficult thing in your life right now?

How can this group help me this week?